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#### HOUSEHOLD AFFAIRS.

Cooking Cereals.

The main secret in the preparation of cereals, says Good Housekeeping, is thorough cooking; and this necessitates cooking them slowly, in the proper quantity of liquid, for a considerable length of time. A great deal has been written about preparing mushes for the table in from two to twenty minutes, and many cooks serve them prepared in that length of time; but all cereals are more digestible and much finer flavored when thoroughly cooked. The table given below will be found approximately accurate as regards the proportions of grain and liquid to be used, and the length of time required to perfectly cook the following grains and grain products:

Pearled Wheat-Five measures of liquid to each measure of wheat. Cook from four to six hours.

Pearled Barley-Five measures of liquid to each measure of barley. Cook from four to six hours.

Coarse Hominy-Five measures of liquid to each measure of hominy. Cook from six to ten hours.

Fine Hominy-Four measures of liquid to each measure of hominy. Cook from four to six hours. Coarse Oatmeal-Four measures of

liquid to each measure of oatmeal. Cook from four to six hours. Rolled Wheat. - Three measures of

liquid to each measure of wheat. Cook Rolled Barley .- Three measures of

liquid to each measure of barley. Cook Rolled Oats (Avena)-Three measures

of liquid to each measure of oats. Cook an hour. Rice—Three measures of liquid to each

measure of rice. Cook an hour. Farina-Six measures of liquid to each measure of farina. Cook half an hour to an hour.

Cerealine Flakes-One measure of liquid to each measure of cerealine. Cook half an hour.

Water alone can be used for cooking any of the cereals, but most of them are richer and finer flavored when the liquid used is milk and water, mixed in about equal proportions. Especially is this the case with barley, rice, hominy and farina. The quantity of salt that should be used in cooking cereals is largely a matter of individual taste, as some people like considerable, and some very little, salt in their food. A safe general rule, however, to follow, is to add half a teaspoonful of salt to each pint of liquid.

All cereals can be cooked very perfectly in an ordinary agate ware or porcelain-lined stew-pan, if carefully watched and stirred; but, as much stirring renders cereals starchy, and robs them of a good deal of their finest flavors, a double boiler, frequently called a farina boiler, is much the best and most convenient utensil for cooking mushes and grains of every kind.

To cook cereals in a double boiler: Fill the outside boiler two-thirds full of boiling water, put the necessary quantity of liquid in the inside kettle, add the requisite amount of salt, and when it boils, sprinkle in the grain or meal, stirring slowly until it swells or thickens enough to keep it from settling to the bottom of the kettle. Then cease stirring, and let it boil slowly until thoroughly cooked. All mushes thicken in cooling, and in preparing cereals to be eaten cold the proportion of liquid should be increased at least one-third. That is all good advice.

## Recipes.

FRITTERS .-- Four eggs well beaten, one quart of flour, two teaspoons of baking powder, half teaspoon of salt, milk enough to make a batter, fry in hot lard, sprinkle with sugar, or eat with sprup.

APPLE JELLY .- Use good sour apples, slice them, skins, seeds, and all, and simmer with one-half a cup of water till well-cooked and soft; then strain through a cloth, add a pound of sugar to a pint of juice, boil a few minutes, skimming till clear; pour into glasses and cover when

OATMEAL PORRIDGE. - Take two ounces of oatmeal and one and one-half pints of water. Rub the meal in a basin with the back of a spoon in a small quantity of water, pouring off the fluid after the coarser particles are settled, but while the milkiness continues repeat the operation until the milkiness disappears. Put the washings into a small pan; stir until they boil, adding a pinch of salt, and boil until a soft, thick mucilage is formed. Sweeten to taste.

STEWED CHOPS. - Broil the chops and let them get cold; then put into a saucepan with two tablespoons of butter and one of minced onion; cover tightly and set in a kettle of cold water; bring slowly to a boil. At the end of an hour add a cup of hot broth (made from the trimmings of chops), seasoned with pepper, salt, a pinch of cloves and chopped pars-ley); cover again and stew gently until the chops are tender, setting the saucepan directly on the range. Then lay them on a hot dish; strain the gravy, thicken with browned flour, stir in a good teaspoon of currant jelly; boil one minute and pour over the chops.

Pot Pie.—Cut one and a-half pounds of lean stewing beef into slices, sprinkle a little salt and pepper on it, and lay it in a pot with a tight-fitting lid. Pour three teacups of water on it, and let it come to boiling point; then slice one carrot, one parsnip, one turnip, and one turnip, and three onions, and throw them in. Then take three-quarters of a pound of flour, a saltspoonful of biking soda, one saltspoonful of salt, and nearly a quarter of a pound of suet nicely minced; mix into a dough with buttermilk, knead it into a round shape, and put it on to the top of the meat and vegetables; cover up close, and let it simmer slowly for two and a-half hours. With seven pounds of potatoes this dish is sufficient for a large family.

#### Blinded by Fireflies

I was once riding in Sind, the second march beyond Jacobabad, and for several miles at midnight my way laid through woodland, writes Phil Robinson in the Gentleman's Magazine. A straight road, at least twelve feet wide, had been driven through it for our artillery and wagons to go by, and it was as soft and flat as tan. Had the night been pitch dark I could have cantered the whole way. But, as it happened, the place was abaze with fireflies, and I could not see an inch before me. Whenever there was a natural glade or break in the vegetation, to the right or left, there at once opened out a glittering vista of these dancing, flickering creatures.

You could see, apparently, a road, lamplighted, straight before you. But turn round. It was the same behind you. There was a straight road. Look to the right or to the left. There, too, stretching away into a hazy confusion of twinkling points, were straight roads, too. Stupidly mazed I once turned my horse's head round; but the beast was more sensible than I and told me the right direc-

tion, and I hastened to it. But to speak of fireflies being a help to the traveler is utter nonsense; they are the most provoking, distracting mischief makers possible. Leave a path alone, and even on the darkest night a sober man may learn to distinguish it. But light up tens of millions of fireflies in the bushes on either side, in all the openings in the undergrowth, and the path, even though twelve feet wide and straight as an arrow, is nowhere.

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#### DAYLIGHT.



If a gentleman by the name of Day volunteers to throw the light of his experience into the darkened places of misery, so that and enjoy life, may

not be reasonably called daylight? As for instance, take the case of Captain Sargent S. Day, Gloucester, Mass., who writes April 16, 1881: "Some time ago I was suffering with rheumatism. I used a small portion of St. Jacobs Oil and was cured at once. I have used it for sprains and never once have known it to fail. I will never be without a bottle." Captain Day also reeived a circular letter, and in reply under late of July 1, 1887, he says: "I used the Dil as stated and was permanently cured of 'heumatism by its use." During the interrening six years there had been no recurence of the pain. Also a letter from Mr. H. M. Converse, of the

Warren (Mass.) Herald, dated July ), 1887, as follows: 'In response to yours of June 22, would say that in 1880 my wife had a severe attack of heumatism in shoulder and arm. that she could not raise her hand o her head. A few applications of St. Jacobs Oil cured her

permanently, and she has had no return of t." Another case is that of Mr. R. B. Kyle, Fower Hill, Appenattox county, Va., who writes, November, 1886: "Was afflicted for several years with rheumatism and grew worse all the time. Eminent physicians gave no relief; had spasms, and was not expected to live; was rubbed all over with St. lacobs Oil. The first application relieved, the second removed the pain, continued use tured me; no relapse in five years, and do as much work as ever." These are proofs of the perfection of the remedy, and, taken in connection with the miracles performed in other cases, it has no equal.

Do you feel dull, languid, low-spirited, lifeless, and indescribably miserable, both physically and mentally; experience a sense of fullness or bloating after eating, or of "goneness," or emptiness of stomach in the morning, tongue coated, bitter or bad taste in mouth, irregular appetite, dizziness, frequent headaches, blurred eyesight, "floating specks" before the eyes, nervous prostration or ex-haustion, irritability of temper, hot flushes, alternating with chilly sensations, sharp, biting, transient pains here and there, cold feet, drowsiness after meals, wakefulness, or disturbed and unrefreshing sleep, constant, indescribable feeling of dread, or of impending calamity? If you have all, or any considerable number

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